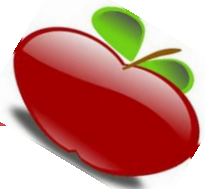




Healthy Lunch Club



Are you interested in improving your life by learning to make positive food choices?

Are you challenged and encouraged in a group setting with others who are working toward the same goals?

Would it help you to get new ideas for choosing and preparing healthy meals and snacks?

Then Healthy Lunch Club is the place for you!

Aiken County Employees
THURSDAYS at NOON
Aiken County Government Center : 1930 University Parkway
1st Floor Sandlapper Room

- Recipe ideas
- Learning to make healthy food choices
- Planning for fitness
- Understanding Metabolism
- How food choices affect your health and energy level
- Retrain your Brain: Appetite Awareness
- Discussion: Learning from the Successes of Others

Contact:

Karen Blackmore, RN, OCN
Aiken County Employee Health Center
Email: kblackmore@aikencountysc.gov